

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

1.-28. Canceled.

29. (Previously Presented) An oil or fat composition at least 85% by mass of which are triglycerides, wherein medium-chain fatty acids represent from 5 to 23 % by mass of all the fatty acids as constituents of the oil or fat composition, triglycerides having two medium-chain fatty acid residues in the molecule represent from 1 to 20 % by mass of all the triglycerides, and long-chain saturated fatty acids are at most 15 % by mass of all of the long-chain fatty acids as constituents of the oil or fat composition; the oil or fat composition being obtained by transesterifying an edible oil or fat with a medium-chain fatty acid or a medium-chain fatty acid triglyceride; the oil or fat composition being supplemented with 0.1 to 6 % by mass of the composition of at least one emulsifier selected from sucrose fatty acid esters, polyglycerol fatty acid esters, succinic acid monoglycerides, sorbitol fatty acid esters and sorbitan fatty acid esters; the oil or fat composition being enhanced in antifoaming.

30. (Previously Presented) The oil or fat composition according to claim 29 wherein the medium-chain fatty acids are saturated fatty acids having 6 to 12 carbon atoms.

31. (Previously Presented) The oil or fat composition according to claim 29 wherein triglycerides having three medium-chain fatty acid residues in the molecule

represent at most 3 % by mass of all the triglycerides.

32. (Previously Presented) An oil or fat composition at least 85% by mass of which are triglycerides, wherein medium-chain fatty acids represent from 5 to 23 % by mass of all the fatty acids as constituents of the oil or fat composition, triglycerides having two medium-chain fatty acid residues in the molecule represent from 1 to 20 % by mass of all the triglycerides, and long-chain saturated fatty acids are at most 15 % by mass of all of the long-chain fatty acids as constituents of the oil or fat composition; the oil or fat composition being obtained by transesterifying an edible oil or fat with a medium-chain fatty acid or a medium-chain fatty acid triglyceride; the oil or fat composition being supplemented with 0.1 to 3 % by mass of the composition of at least one emulsifier selected from sucrose fatty acid esters and polyglycerol fatty acid esters, 0.01 to 2 % by mass of the composition of at least one emulsifier selected from succinic acid monoglycerides, and 0.1 to 3 % by mass of the composition of at least one emulsifier selected from monoglycerides, diglycerides, sorbitol fatty acid esters and sorbitan fatty acid esters, provided that the total amount of the emulsifiers is 0.3 to 5 % by mass of the composition; the oil or fat composition being enhanced in antifoaming.

33. (Previously Presented) The oil or fat composition according to claim 32 wherein the medium-chain fatty acids are saturated fatty acids having 6 to 12 carbon atoms.

34. (Previously Presented) The oil or fat composition according to claim 32 wherein triglycerides having three medium-chain fatty acid residues in the molecule represent at most 3 % by mass of all the triglycerides.

35. Canceled.

36. (New) An oil or fat composition at least 85% by mass of which are triglycerides, wherein medium-chain fatty acids represent from 5 to 23 % by mass of all the fatty acids as constituents of the oil or fat composition, triglycerides having two medium-chain fatty acid residues in the molecule represent from 1 to 20 % by mass of all the triglycerides, and long-chain saturated fatty acids are at most 15 % by mass of all of the long-chain fatty acids as constituents of the oil or fat composition; the oil or fat composition being obtained by transesterifying an edible oil or fat with a medium-chain fatty acid or a medium-chain fatty acid triglyceride; the oil or fat composition being supplemented with 0.1 to 6 % by mass of the composition of at least one emulsifier selected from sucrose fatty acid esters, polyglycerol fatty acid esters, succinic acid monoglycerides, sorbitol fatty acid esters and sorbitan fatty acid esters; the oil or fat composition also containing at least one additive selected from ① ascorbic acid fatty acid esters, ② lignan, ③ coenzyme Q, ④ phospholipids and ⑤ oryzanols; the composition being enhanced in antifoaming.